

100m:18:40

Heat 1

Pos	Name	Club	Age	Result
1	William Ross	Tonbridge AC	U13B	15.2
2	Freya Ridge	Tonbridge AC	U15G	15.6
3	Amber Bowers	Sevenoaks AC	U13G	16.6

Heat 2

1	Quinn Taylor	Sevenoaks AC	U13B	15.0
2	Nicky Buckwell	Tonbridge AC	V60W	17.2
3	Alan Marriott	Tonbridge AC	V80M	21.2

Heat 3

1	Hannah Bowers	Sevenoaks AC	U17W	14.7
2	Oliver Hanchet	Tonbridge AC	U13B	15.8
3	Isaac Ridge	Tonbridge AC	U13B	15.9
4	Tom Hewitt	Tonbridge AC	U13B	16.4

Heat 4

1	Kimberley Garcia	Paddock Wood AC	U15G	13.8
2	Jonathan Barnard	Unattached (No club)	V65M	14.0
3	Juan Barnard	Sevenoaks AC	U13B	14.5
4	Alice Lamplugh	Sevenoaks AC	U13G	15.2

Heat 5

1	Andy Howey	Tunbridge Wells Harriers	V50M	14.3
2	Angus Tosh	Tonbridge AC	U13B	14.6
3	Michelle Yalekhue	Medway & Maidstone AC	U13G	15.1
4	Olivia Wittenberg	Tonbridge AC	U13G	15.3

Heat 6

1	Shakanya Osahon	Blackheath & Bromley AC	U15G	13.5
2	Thomas Newton	Tonbridge AC	U13B	14.6
3	Zuriel Nwogwugwu	Unattached	U13B	14.7
4	Henry Warrilow	Judd School AC	U13B	DNF

Heat 7

1	Christian Dolley	Tonbridge AC	U15B	13.4
2	Mark Poulton	Tunbridge Wells Triathlon Club	V55M	13.5
3	Emily Bowart	Tonbridge AC	U15G	13.5
4	Jeremy Deadman	Unattached (No club)	V45M	14.6

Heat 8

1	Joseph Massimo	Crawley AC	U20M	11.5
2	Andrew Ajube	Thames Valley Harriers	SM	11.9
3	Zachary Nwogwugwu	Tonbridge AC	U15B	12.1
4	Mark McAllister	Tonbridge AC	V45M	12.7

800m: 19:15

Heat 1

Pos	Name	Club	Age	Result
1	Olivia Breed	Tonbridge AC	U13G	2:33.3
2	Rob Howey	Tonbridge AC	SM	2:39.6
3	Olivia Wittenberg	Tonbridge AC	U13G	2:43.6
4	Alex Beeston	Tonbridge AC	U15B	2:45.5
5	Emma Hillier	Dartford Harriers AC	U15G	2:47.6
6	Ben Carpenter	Holland Sports AC	U13B	2:55.4
7	Amber Crush	Tonbridge AC	U15G	3:06.7
8	Alex Korvin	Tonbridge AC	U13B	3:08.9
9	Anne Brenchley	Tonbridge AC	V70W	4:01.9

Heat 2

1	Rose Chaplin	Eastbourne Rovers	U15G	2:24.5
2	Christopher Potter	Tunbridge Wells Harriers	V45M	2:25.2
3	Matthew Dubery	Tonbridge AC	U15B	2:27.4
4	Miles Jonathan Brown	Holland Sports AC	U13B	2:27.5
5	Daniella Harper	Blackheath & Bromley AC	U15G	2:28.2
6	Alan Buckle	Tonbridge AC	V55M	2:31.0
7	Anna Sharp	Southampton AC	U20W	2:31.2
8	Paul Gasson	Aren 80	V60M	2:34.9
9	Amalie Primdal	Crawley AC	U15G	2:40.2
10	Luciana Anderson	Tonbridge AC	U15G	2:40.3

Heat 3

1	Tom Richards	Tonbridge AC	SM	2:07.6
2	Luke Gunter	Royal Veterinary College Triathlon Club	SM	2:12.5
3	William Beeston	Tonbridge AC	U20M	2:16.1
4	Sam Taylor	Tonbridge AC	U17M	2:19.5
5	Charlie Rogers	Shrewsbury AC	U20M	2:20.7
6	Alan Rolfe	Eastbourne Rovers	V50M	2:21.7
7	Finley Webster	Tonbridge AC	U15B	2:22.0
8	Des O'Donnell	Tunbridge Wells Harriers	V55M	DNF

Heat 4

1	Dom Brown	Tonbridge AC	SM	1:58.5
2	Jake Berry	Medway & Maidstone AC	U20M	1:58.7
3	Michael Ellis	Tonbridge AC	SM	2:00.8
4	Kieran Eland	Tonbridge AC	SM	2:02.1
5	Tomer Tarragano	Brighton & Hove City AC	U17M	2:03.2
6	Alex Jago	Arena 80	SM	2:03.3
7	Fraser Gordon	Tonbridge AC	U15B	2:04.2

400m:19:45

Heat 1

Pos	Name	Club	Age	Result
1	Nathan Isaac	Medway & Maidstone AC	U17M	57.5
2	Jessica O'Hara	Tonbridge AC	U17W	60.4
3	Annabel Carter	Invicta East Kent AC	SW	60.9
4	Alan Buckle	Tonbridge AC	V55M	68.0
5	Anna Sharp	Southampton AC	U20W	68.9

Heat 2

1	Michael Ellis	Tonbridge AC	SM	54.6
2	Fraser Gordon	Tonbridge AC	U15B	56.8
3	Guy White	Tonbridge AC	U15B	57.7
4	Peter Laing	Tonbridge AC	SM	58.7
5	Amy Taylor	Tonbridge AC	U20W	61.9

Heat 3

1	Kieran Eland	Tonbridge AC	SM	50.2
2	Dan Stepney	Brighton Phoenix	SM	50.9
3	Alex Hookway	Tonbridge AC	SM	52.7
4	Dom Brown	Tonbridge AC	SM	53.3
5	Jake Berry	Medway & Maidstone AC	U20M	55.8

200m:20:00

Heat 1

Pos	Name	Club	Age	Result
1	Olivia Breed	Tonbridge AC	U13G	30.2
2	William Ross	Tonbridge AC	U13B	31.4
3	Freya Ridge	Tonbridge AC	U15G	32.3
4	Isaac Ridge	Tonbridge AC	U13B	33.6
5	Tom Hewitt	Tonbridge AC	U13B	36.5
6	Alan Marriott	Tonbridge AC	V80M	47.6

Heat 2

1	Kimberley Garcia	Paddock Wood AC	U15G	28.7
2	Zuriel Nwogwugwu	Unattached	U13B	30.2
3	Annabelle Hales	Tonbridge AC	U13G	30.3
4	Michelle Yalekhue	Medway & Maidstone AC	U13G	31.6
5	Nicky Buckwell	Tonbridge AC	V60W	35.6

Heat 3

1	Rose Chaplin	Eastbourne Rovers	U15G	27.8
2	Angus Tosh	Tonbridge AC	U13B	29.1
3	Jonathan Barnard	Unattached (No club)	V65M	29.1
4	Juan Barnard	Sevenoaks AC	U13B	29.4

Heat 4

1	Mark McAllister	Tonbridge AC	V45M	25.9
2	Shakanya Osahon	Blackheath & Bromley AC	U15G	26.8
3	Annabel Carter	Invicta East Kent AC	SW	27.2
4	Alan Rolfe	Eastbourne Rovers	V50M	27.6
5	Amy Taylor	Tonbridge AC	U20W	28.1
6	Christian Dolley	Tonbridge AC	U15B	28.4

Heat 5

1	Zachary Nwogwugwu	Tonbridge AC	U15B	24.8
2	Dom Brown	Tonbridge AC	SM	25.5
3	Guy White	Tonbridge AC	U15B	25.7
4	Michael Ellis	Tonbridge AC	SM	26.0

Heat 6

1	Kieran Eland	Tonbridge AC	SM	23.7
2	Andrew Ajube	Thames Valley Harriers	SM	23.8
3	Alex Hookway	Tonbridge AC	SM	25.8

1500m: 20:20

Heat 1

Pos	Name	Club	Age	Result
1	Adam Roeder	Tonbridge AC	V35M	5:05.4
2	Kelsey Pullin	Blackheath & Bromley AC	U15G	5:22.6
3	Sam Breed	Tonbridge AC	U13B	5:24.2
4	Annabelle Hales	Tonbridge AC	U13G	5:25.3
5	Verner Krynauw	Sevenoaks AC	U13B	5:26.4
6	Jeremy Deadman	Unattached (No club)	V45M	5:27.9
7	Richard Tosh	Tonbridge AC	V40M	5:42.4
8	Millie Henson	Holland Sports AC	U13G	5:51.1
9	Charlotte Wood	Dartford Harriers AC	SW	5:56.1
10	Jessica Dando	Dartford Harriers AC	SW	6:03.9
11	Stephanie Wood	Dartford Harriers AC	V50W	6:14.7

Heat 2

1	Jack Keywood	Tonbridge AC	SM	4:17.0
2	Alex Cameron	Dartford Harriers AC	SM	4:24.6
3	Harry Young	Paddock Wood AC	U20M	4:45.1
4	Lois Dooley	Brighton & Hove City AC	U15G	5:00.1
5	Joe Turnbull	Weald Tri Club	U15B	5:03.6
6	Harriet Bloor	Hailsham Harriers	U15G	5:04.8
7	Alexander Adrian	Tonbridge AC	U15B	5:09.0
8	Alan Buckle	Tonbridge AC	V55M	5:10.1
9	Antonia Deeley	East Grinstead AC	U15G	5:15.6